

Your AI-Generated Schedule

| Time | Task | Duration | Notes |
|-------|-------------------------------|-----------|--|
| 09:30 | Breakfast & Commute Home | 30 min | Prepare and eat breakfast, travel home. |
| 10:00 | Full Body Gym Workout | 1h 30 min | Strength training session as per plan. |
| 11:30 | Lunch & Relaxation | 1h | Eat lunch, relax and unwind. |
| 12:30 | Grocery Shopping/ Errands | 1h | Complete necessary errands. |
| 13:30 | Meal Prep | 1h | Prepare meals for the next day or two. |
| 14:30 | Free Time/Personal Activities | 2h | Engage in hobbies, relaxation or personal tasks. |
| 16:30 | Dinner | 30 min | Prepare and eat dinner. |
| 17:00 | Evening Study Session | 1h 30 min | Review notes from classes, complete assignments. |
| 18:30 | Evening Relaxation | 1h | Relax before bed, read, watch TV. |
| 19:30 | Prepare for Bed | 30 min | Shower, prepare for sleep. |
| 20:00 | Sleep | 8h | Aim for 8 hours of sleep for optimal recovery. |